



# Caribbean

Fort Buchanan, Puerto Rico • August 2006  
[www.buchanan.army.mil/mwr](http://www.buchanan.army.mil/mwr)

BUCHANAN  
BOWL

## 9 PIN NO TAP *Anniversary* TOURNAMENT

See the centerpage...

HAPPY  
BIRTHDAY





## •MORALE•WELFARE & RECREATION

Your Service Provider  
throughout the Caribbean



### Directorate of Morale, Welfare and Recreation

•Mr. Freddie L. Giddens, DMWR  
Director • T- 787-707-3530 •  
Bldg 1018-D, Buchanan Heights

**DMWR Admin. Officer** Ms. Debra  
Chesson • T- 787-707-3135

**Community & Family Activities**  
Program Manager, Ms. Odette C. Ortiz •  
T- 787-707-2976 • Bldg 1018-C,  
Buchanan Heights

**NAF Support Management** • Chief: Mr.  
John P. Faass • T- 787-707-3069 • Bldg. 1018-C,  
Buchanan Heights

**Business Operations Division**  
• Chief: Tammy Hite • T- 787-707-3373 • Bldg.  
1018-D, Buchanan Heights

**Community Recreation Division** • Chief:  
Ms. Mary Davison • T- 787-707-3301 • Bldg.  
1018-C, Buchanan Heights

**Child & Youth Services** • Chief: Dr.  
Irma Julia T-787-707-3399 • Bldg. 1020-A  
Buchanan Heights

**Army Community Service** •  
Director: Mr. Rafael Gilestra • T- 787-707-  
3292/3804 • Bldg. 1019-A,  
Buchanan Heights

### Marketing, Advertising & Commercial Sponsorship Staff:

Mrs. Myrna Narváez- Marketing  
Supervisor

Ms. Jannette Yambó- Marketing  
Assistant

Mrs. Neysa Maldonado- Illustrator  
Mr. Ricardo García- Illustrator  
Ms. Michelle Brown- Marketing  
Clerk

Produced by: MWR Marketing  
Advertising & Commercial  
Sponsorship

Fort Buchanan, P.R.

Reproduced by:  
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**For information,  
suggestions or  
for commercial  
advertisement  
opportunities:**

MWR Marketing, Advertising &  
Comm. Sponsorship

T. 787-707-3719/3711

F. 787-707-3715 or

myrna.narvaez@us.army.mil

### DMWR Employee of the Month for June 2006

**Isis García**  
from El Caney Lodge

The **Runner-up** for the month  
was Luis Alicea from NAF  
Services Branch



### Fort Buchanan Veterinary Clinic

**Open Monday through Friday, 8 am - 3:30 pm** (Closed for lunch, 12 - 1 pm)  
Closed for Training every Wednesday from 8 am - 1 pm.

**Clinics by appointment ONLY. Tuesdays and Thursdays, 8:15 - 11:30 am.**

#### SERVICES PROVIDED:

**Vaccinations • Health Certificates • Microchip** (mandatory on post housing)  
**Skin Disorders • Ear Infections • Heartworm Test**

**New Fees:** Examination fee \$10/Health Certificate \$5/ Health Certificate  
w/ sedative \$10 • Cash or checks, debits or credit cards not accepted.

For more information call **787-707-2038/2039 • Fax 787-707-2037**

## Leadership Styles Contest

**What is your leadership philosophy?**

**A PRIZE** awarded monthly to the first participant to submit the correct answer.  
Send your selection thru e-mail no later than **18 August** to: myrna.narvaez@us.army.mil

**Which one of the MWR leaders listed below do you think matches with the leadership style quoted?**

"My leadership style is more of participation. I will give a task and I will ask for input but I will make the final decision based on their input or recommendations. My biggest weakness as a leader is that sometimes I will not listen and I should change that, be more open minded. On the other hand, I will not hold a grudge with nobody."

**A) Carmen Dieppa B) Rafael Gilestra C) Reynaldo Farinas D) Luis R. Torres**  
(MWR employees that work in the same division and/or for the unknown leader cannot win the prize.)

**Last month's leadership styles contest had no winner.** The correct answer was Stanley Brown.

[www.buchanan.army.mil/mwr](http://www.buchanan.army.mil/mwr)

This publication also available under the Installation's P-Drive:  
Morale, Welfare & Recreation folder.

# •MORALE•WELFARE & RECREATION

Your Service Provider  
throughout the Caribbean

## Fort Buchanan's community FLEA MARKET

**Saturday,  
5 August 2006  
8 am - 2 pm**  
**AAFES/PX  
Sidewalk**  
Sale spaces for  
Active Duty, Reserve  
& DoD employees.  
Non-ID card holders  
when sponsored by an  
ID card holder.

To reserve a vending space or for details call  
Ms. Carmen Soto at 787-707-3778/787-247-5677 **\$10 FEE PER  
TABLE SPACE**

from the **PATIO**  
where to go for fun!

### COMMUNITY CLUB & CONFERENCE CENTER

**Starting in August...**

**Karaoke Nights at The Zone**  
Thursdays from 5 - 10 pm.

**International Variety  
Lunch Buffet**

• Monday - Friday, 11 am - 2 pm.  
\$6.25 per person.

**Breakfast** • Monday - Friday, 6:30- 9 am.  
\$5 per person

### Catering Services

• Tuesday - Friday, 8 am - 3 pm. **Saturdays by  
appointment only.** Call 787-707-3535,  
x-206 for details.

### Bingo Nights

• Tuesday & Thursday 6 pm (Cards sold at 5:30 pm)

### Thursdays & Fridays Social Evenings

**The Zone:** Free admission,  
Thursdays 5-10 pm (Karaoke Night).  
Fridays 4 pm - 1 am, featuring DJ Music.

**Bowling Center Bar:** Free admission,  
Thursdays 5 - 10 pm. Fridays 5 - 12 pm.

### Gustavo Cerati

Place: Anfiteatro  
Tito Puente  
Price: \$45  
Date: Aug.-03-06  
Tickets by Ticketcenter

### ALY & AJ

Place: Coliseo Ruben  
Rodriguez • Price: \$30 - \$55  
Date: Aug.-06-06  
Tickets by Ticketcenter

### Guillermo Dávila

Place: Centro de Bellas Artes Luis  
A. Ferre • Price: \$ 50- \$75  
Date: Aug.-11-06  
Tickets by Ticketcenter

### Maria Martha Serra Lima

Place: Caribe Hilton  
Price: \$55 - \$75 • Date: Aug.-12-06  
Tickets by Ticketcenter

### Gilberto Santa Rosa en Solo

Exitos • Place Coliseo Roberto  
Clemente • Price \$20-\$65  
Date: Aug.-12-06  
Tickets by Ticketpop

### Si Señor en Verano 96

Place: Centro de Bellas Artes  
Luis A. Ferre • Price: \$35 - \$40  
Date: Aug.-12-06 • Tickets by Ticketpop

## Local Concerts August 2006

### Monchy & Alexandra

Place: Centro de Bellas Artes Luis A. Ferre  
Price: \$40 - \$45 • Date: Aug.-13-06  
Tickets by Ticketpop

### Fusion-Acapela Y Voces

Place: Centro de Bellas Artes-Caguas  
Price: \$18 - \$20 • Date: Aug.-19-06  
Tickets by Ticketcenter

### Danna Paola en La Magia de

**Danna** • Place: Coliseo Ruben Rodríguez  
Price: \$30 - \$50 • Date: Aug.-20-06  
Tickets by Ticketcenter

### Noche Dorada / Tremenda Bohemia

With Tato Díaz, Celines, Paquito Guzmán  
Awilda "La Mimosa", Tito Vicente,  
Orquesta Casablanca y Revista Musical  
Nostalgia Tropical de Ramón Saldaña.  
Place: Puerto Rico Convention Center  
Price: \$30 • Date: Aug.-28-06  
Tickets by Ticketcenter

### Latino Gospel Concert

With Orquesta Salsa Cristiana, Orquesta  
Nuevo Pacto, Special Erick, Los Soleros  
Place: Puerto Rico Convention Center  
Price: \$20.00 • Date: Aug.-29-06  
Tickets by Ticketcenter

### Gala Plácido Domingo • Spanish Singer

Place: Centro de Bellas Artes Luis A. Ferre  
Price: \$100 - \$225 • Date: Aug.-31-06  
Tickets by Ticketpop

FOR MORE INFO. ON LOCAL ATTRACTIONS  
LOGTO: **gotopuertorico.com**

**www.buchanan.army.mil/mwr**



We are  
serving you  
because  
you are  
protecting us.







### Library

Acting Manager: Eva Cabañas  
• Telephone: 787-707-3208  
• Fax: 787-707-3480/3210  
• E-mail:  
eva.cabanas@us.army.mil

### Operating Hours:

Mon - Thu 10 am - 8 pm  
Fri 10 am - 6 pm  
Sat 10 - 5 pm  
Sun & Hol Closed

# Library

Welcome to your Library!

## Pre-School Story Time

The Library offers pre-school story time along with a craft twice a month from 3 - 4 pm.

**The dates for August are the 9th and 23rd at 3 pm. The theme for the 9th is "Zoo Animals", and for the 23rd "Plants".**

## Scrapbooking for Beginners

The Scrapbook for Beginners group will meet at El Caney Lodge Conference Room on **Wednesday, 30 August, 3:30 - 6:30 pm.** The volunteer facilitator will be **Ms. Rosael Rodríguez ACS Volunteer.** Remember to bring 3 - 4 family photos to complete your project. Sign-up at the Library, space is limited. To attend the class you need to be 16 years or older.



## Computer Orientations @ the Library

The library will be offering computer orientations on different subjects the first Wednesday of each month at 2 pm to assist customers in accessing public computers. Our next orientation will be **Wed, 2 August, 2006.**

Library customers don't need to own a **compact disc player** to enjoy the high quality sound of compact discs. If you like to listen to music while you study or relax with a book or magazine, step up to the library's circulation desk and check out a portable disc player and a headphone (for use inside the library). Have your ID card available.

## Checking your email is faster than ever, with our DSL connectivity!!!

Available in all public computers with Internet access. The Library has a collection of over 25,000 books, educational/recreational videos, audio books, and a compact disc collection for all ages. It also offers book loans through the computer from libraries outside of Puerto Rico. The Library has internet services for research and work, including Encyclopedias & Word Processing Programs.

## Outdoor Recreation and more...



The WaterSpout Hours of Operation are now  
**Tuesday - Sunday  
from 10 am - 6 pm.**

*A wonderful place to enjoy with your family the warm tropical sun!*

## Outdoor Recreation has lots of RECREATIONAL EQUIPMENT and TOOLS for rent at nominal fees!

Take advantage of this and save on your projects and special events. For reservations and details call 787-707-3734 or 552-7222, Mondays and Fridays, 8 am - 5 pm; Saturdays 8 am - 12 noon.

## LADIES NIGHT AT THE AUTOMOTIVE SKILL CENTER Every Thursday from 4 - 8 pm...

- 3 August: **Half Price Diagnostic Test**
- 10 August: **Half Price Tire Mounting and Balance**
- 17 August: **Half Price Lift Usage**
- 24 August: **Half Price Alignment**
- 31 August: **How to check your car fluids**

For details call **787-707-3972.** Hours of operation are Mon, Wed and Fri from 9 am - 6 pm. Tue and Thu from 10 am - 8 pm; Sat from 8 am - 5 pm; Sundays Closed.

## Military Onesource

Available at no cost to you, any time. We have consultants who speak Spanish. Phones are TTY/TDD accessible. En español, llame al 1-800-375-5971 TTY/TDD: 1-800-346-9188.

**Online:** [www.militaryonesource.com](http://www.militaryonesource.com) User ID: Army • Password: Onesource

**For FAP program related information call Ms. Wilda Díaz at 787-707-3709 or [wilda.diaz@us.army.mil](mailto:wilda.diaz@us.army.mil).**

# Sports & Fitness

## Perimeter Road Challenge

Saturday, 26 August at 5 pm, in front of the Fitness Center, Bldg. 167. **Awards for the top 3 in each category.** Male: 15 - 18; 19 - 26; 27 - 35; 36 - 45; 46 - 54; 55 and over. Female: 15 - 24; 25 - 34; 35 - 44; 45 - 54; 55 and over. T-shirts for the first 84 to register. Registrations at the Fitness Center, Bldg. 167. For more information call the Sports Office at 787-707-3277 or the Fitness Center at 787-707-3767.

Sponsored by:



## 1.5 Spinning Class

Wednesday, 16 August, 4:30 - 6 pm at the Fitness Center, Bldg. 167. Center, Bldg. 167. Free of cost. Bring your water & towel, and call to reserve your bike the day before the event. Instructors: Michael Walker and Junior Valentín.

## "Back to School" Challenge

### INDOOR CYCLING

Thursday, 17 August, 11 am - 1 pm at the Fitness Center, Bldg. 167. Free of cost. Bring your water & towel, and call to reserve your bike the day before the event.

## Piñones Cycling Beach Trip

Saturday, 19 August, 8 am leaving from the WaterSpout parking lot to ride along the Piñones Bike trail, and will end with a beach gathering at Vacía Talega Beach. Fee: \$8 adults/\$5 children 12 years and under.

## Pasta Day

Thursday, 24 August, 9 am at the Fitness Center, Bldg. 167. Participants will bring their favorite pasta dishes to exchange recipes and will also enjoy sharing and eating.

## Basic Self Defense Class

Thursday, 31 August, 5:30 - 6:30 pm at the Fitness Center, Bldg. 167. Free of cost. Class will focus on basic self defense techniques. Come dressed to exercise.

## Bench Press Tournament

16 - 17 September, 8:30 am at the Fitness Center, Bldg. 167. **Registration deadline** 12 September at the Fitness Center by COB. Military & DOD ID card holders free, others pay a \$10 fee. For more information call Roberto Fernández at 787-707-3277 or e-mail: roberto.fernandez@us.army.mil

## Duathlon CYCLING & RUNNING COMPETITION

Distance: 2 mile run followed by a 6 mile bike race and ending with a 2 mile run. **Saturday, 30 September**, 8 am in front of the WaterSpout, Bldg. 161. Military and DOD civilians free of cost (\$5 late fee if registered the day of event). Others pay a \$10 fee (\$5 late fee if registered the day of event; total \$15). Registration at the Fitness Center. For more information call Roberto Fernández at 787-707-3277 or e-mail: roberto.fernandez@us.army.mil



Sports & Fitness

Director:

Luis Robles, Bldg. 1020-C  
787-707-3277

luis.r.robles@us.army.mil

Fitness Center Acting Manager:

Juan Sanfeliz, Jr. Bldg. 167 • 787-707-3767

Acting Sports Specialist:

Roberto Fernández.,  
787-707-3277

**Hours of Operation:**

Mon - Fri, 5 am - 9 pm

Sat, 8 am - 6 pm

Sun, 9 am - 5 pm

Call for Holidays  
hours update.

## Chess Tournament

19 - 20 August, 9 am at the Sports Office, Bldg. 1020-C, Buchanan Heights. Free of cost. For military and DoD ID card holders. Others pay a \$15 fee.

### REGISTRATION DEADLINE:

15 Aug by COB at the Fitness Center, Bldg. 167. For more details call Roberto Fernández at 787-707-3277 or e-mail: roberto.fernandez@us.army.mil

## Martial Arts Demo

Tuesday, 22 August, 5:30 pm at the Fitness Center, Bldg. 167. Free of cost. **Instructor:** Pablo Ramos, Submission Arts Wrestling 2nd Degree belt, Asaka Japan and World Jujitsu Federation 6th Degree Black Belt, Liverpool, England. Affiliated to the International and Puerto Rico Sports Jujitsu Associations; International and Puerto Rico Submission Arts Wrestling Federations; and International Brazilian Jiu-Jitsu Federation, Carlson Gracie Jr. Academy member.

## Adults Volleyball League

### Registration Deadline:

Friday, 18 August by COB at the Fitness Center, 787-707-3767. **Coaches Meeting:** Tuesday, 22 August, 3 pm at El Caney Conference Room.

**League Starts:** Tuesday, 29 August 6:45 pm at The Fitness Center, Bldg. 167.

**Fees:** Military & their family, DOD ID card holder teams FREE • Federal employees: \$300 and ID Sponsored teams: \$400

For more details call Roberto Fernández at 787-707-3277 or e-mail: roberto.fernandez@us.army.mil

## Fitness Ongoing Programs:

### Group Fitness, Aerobic Class:

Monday and Thursday 5:30 pm. 60 Mins.  
Tuesdays: Body Toning Class, 5:30 pm.

### Healing Arts Classes:

T'AICHI: Mondays 4:30-5:30 pm/Wednesdays 9 am  
YOGA: Monday 9 am/Wednesday 12 noon  
YOGA & PILATES: Tuesdays and Thursdays 4:30 pm

### Civilian Wellness Program:

DoD employees are authorized work time up to 3 days per week, 1 hour a day, for 6 consecutive months to participate (once during employee's career). Enroll at the Fitness Center, with medical certificate signed by a doctor, supervisor's authorization, and the health risk questionnaire. Details at 787-707-3767.

### Cycling Class:

Mon - Thu, 5:30 am  
Wednesdays, 6 pm  
Mon - Thu, 12 noon & 4:30 pm  
Saturdays, 10:30 am  
Reserve the day before at  
787-707-3767

### Walking Program:

Tue & Thur 4:30 pm

### Pick-up Basketball:

Monday thru Friday,  
3:30 - 5:30 pm  
Sat, 3 - 5:45 pm

### Golden Age Program:

For patrons 50 years of age or over. Socialize and enjoy physical activities. Tuesdays and Thursdays from 9 - 10 am. *Medical certificate required.* Sign-up at the Fitness Center, 787-707-3767.



### Racquetball Challenge:

Mon thru Fri • 11 am - 1 pm  
Tuesdays & Thursdays 4 - 7 pm  
During these hours participants sign-up to challenge the winner of preceding games. Racquetball court is open to all participants; no individual reservations made during this period. For details call 787-707-3767.





# Our Community made this 4th of July a Total Success!!!

Photo by Leo Martínez



Parade &  
Fireworks



Live Bands

Photo above by Ricky García

## Reggaeton Contest Winners...

Photos right & below by Ricky García



*Our sponsors  
made a  
difference!*

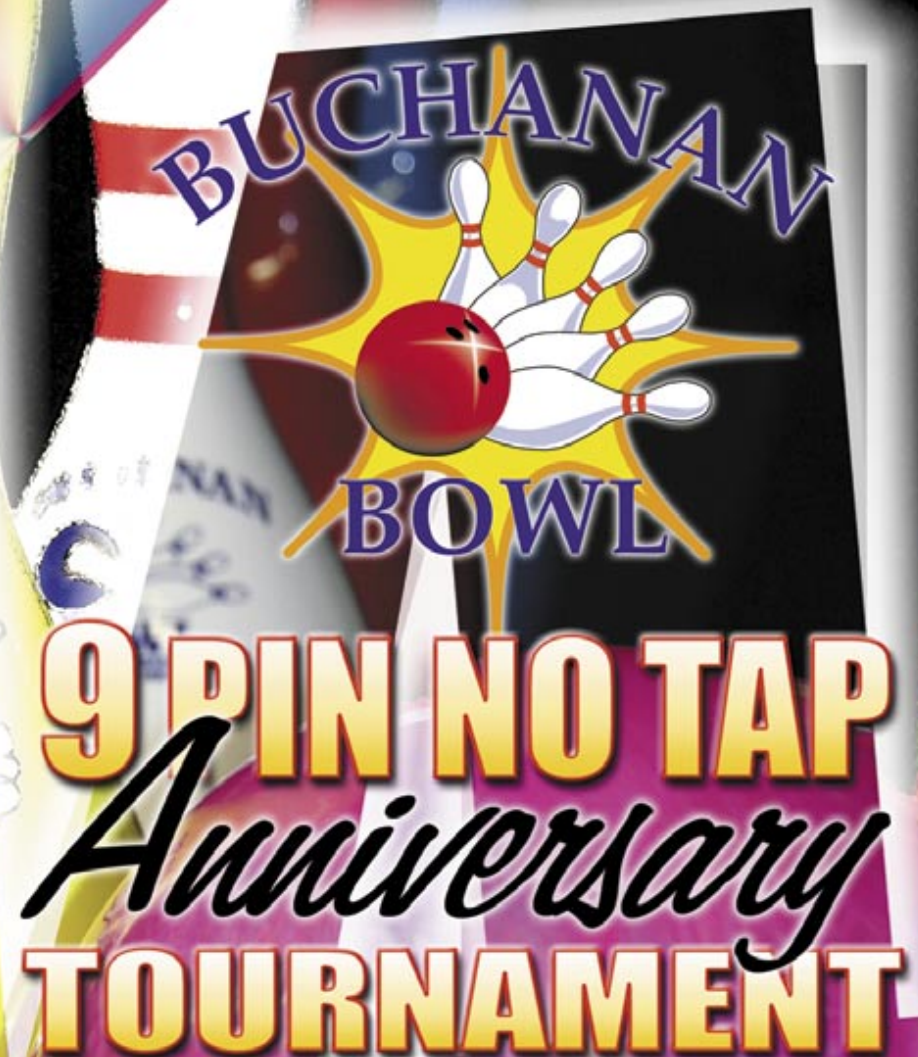


## Thanks to all...

- Universal • Sprint
- Paperclips • OneLink
- Embassy Suites Dorado • World Boxing Organization
- La Famosa • D-Max
- The Home Depot • Coors Light • Burger King
- Banco Popular • Pentagon Federal Credit Union • Coldwell Bankers

**BUDWEISER  
SELECT**

SPONSORED BY:



**Saturday,  
August 12, 2006**

Starting at  
12 noon sharp until 8 pm!

## Prizes

(Provided by our sponsor and the Bowling Center)

**Featuring DJ music**

Sign up fee: \$25 per adult  
Registrations open on 1 August.

The Snack Bar & the 11th Pin Bar will be open.  
For more information call **787-707-2695/3272**





# Child & Youth Services

## New! Instructional Classes for CYS Youth...

### Ballet Classes

**Beginning Ballet Classes** for children ages 6 - 10 years old.

**Intermediate Ballet Classes** for youth ages 10 and over.

Children will learn five basic ballet positions and will experience ballet's role in developing grace, concentration, strength, flexibility and better body alignment.

**Fee:** \$45 per month, one class per week. \$30 for the second child in the same family.

**Required attire:** black ballet shoes, pink tights, skirts that are modest and leotard with sleeves. Register at CYS Office, Bldg. 1020-A, Buchanan Heights. Telephone: **787-707-3787**

### Cultural Dance Classes

For children ages 6 and over. Experience different cultures through dance. Learn dance steps from Puerto Rico, Spain, USA and other countries. Learn classic and contemporary stage dances.

**Fee:** \$45 per month, one class per week. \$30 for the second child in the same family.

**Required attire:** black ballet shoes, pink tights, skirts that are modest and leotard with sleeves. Register at CYS Office, Bldg. 1020-A, Buchanan Heights. Telephone: **787-707-3787**

### Child/Youth Martial Arts Classes

For children ages 5 and over. Beginners, intermediate and advanced skills levels. Two Classes per week, one hour sessions. **Fee:** \$50 per month per child. Register at CYS Office, Bldg. 1020-A, Buchanan Heights. Telephone: **787-707-3787**

### Child Care Services during Battle Assembly for Reserve Soldiers

Fort Buchanan Child and Youth Services will be offering day care services during 65th Reserve Command battle assembly drills (week-end drills). It is expected that service will be provided by the second week of August 2006. Reserve Active Duty Soldiers interested in this service must contact CYS Central Registration Office at 787-707-3787. In order to register your child, please present the following documents at the time of registration: parents' and child's Social Security Number, updated immunization record, ID card, Family Care Plan, (if applicable), Birth Certificate. Parents must have all registration forms completed prior to use of day care services. For more information contact CYS Central Registration Office at 787-707-3787 or visit us at Bldg. 1020-A, Buchanan Heights.

### 707-KIDS

A hotline to express your concerns or alert the School Liaison Officer and the Command of issues related to our youth. A way for the community to support our youth.

### • School Age • Middle School • Teen Center Registration for School Year 06 - 07

**If your child attended SAS, MSP or the Teen Center last school year** you may update your registration at the specific program. Call or visit each facility:

**School Age Services (SAS)** 787-707-3468, Bldg 148

**Middle School Program (MSP)** 787-707-3783, Bldg. 1025

**Teen Center** 787-707-3826, Bldg. 519

For **new registrations** you must call or visit CYS Central Registration Office to register your child/youth, 787-707-3787, Bldg. 1020-A, Buchanan Heights.

### Ballroom Dance Course

Would you like to learn salsa, merengue, tango or waltz? You can also learn elements of etiquette and dance theory. Monthly cost of course per student:

Intermediate student \$45

Middle School Student \$45

High School Student \$90

(16 weeks per course) For more information call CYS Administrative Office at 787-707-3787 or visit us at Bldg. 1020-A, Buchanan Heights.

**MSP Dance** Fri, 25 August, 7 - 10 pm

**Basketball Season Registr.**

1 through 25 August

**Basketball Mini Camp**

7 - 10 August

**YS Duathlon** Sat, 26 August



### POLICY MEMORANDUM: OUT OF SCHOOL SUPERVISION

Requirements for Elementary and Middle School children and Youth during parental duty hours has been approved by the Garrison Commander. Individuals interested in receiving a copy of the policy may request one at CYS Administrative Office, Bldg. 1020-A, Buchanan Heights. For details call 787-707-3787 or the CDC at 787-707-3769.

### SAS PARENT ORIENTATION

For the new school year '06-'07

**Thursday, 3 August,**  
10 am - 4 pm

# Army Community Service



## Exceptional Family Member Program

Theme: **Support Groups & Hotlines/ Self-Help and Advocacy Organizations** • Tuesday, 15 August, 1:30 - 2:30 pm at ACS, Bldg. 1019, Buchanan Heights.  
For details call 787-707-3295.

## Family Advocacy Program FAP Classes during July:

- Ways to Deal with Stress & Anger  
Thursdays, 17 & 31 August,  
10 am - 12 noon
- Parenting Class • Tue, 22 Aug, "The Magic of Family Meetings", 4:30 - 5:30 pm.
- New Parent Support, Morning Playgroup  
Tue, 1 August, 9 - 11 am and  
Thu, 24 August, 10 am - 12 pm

**Stranger Danger for Parents**  
Wednesday, 23 August, 3 - 5 pm at ACS,  
Bldg. 1019, Buchanan Heights.

**Preventing Dating Violence  
Among Teenagers** • Tuesday, 29  
August, 3:30 - 4:30 pm at ACS, Bldg. 1019,  
Buchanan Heights.

**Prevention of Child Abuse for  
the Community** • Wednesday, 30  
August, 4:30 - 5:30 pm at ACS, Bldg. 1019,  
Buchanan Heights.

For schedule of class information please call FAP Educator, Ms. Carmen T. Rivera at 787-707-3698.

**Sexual Assault Prevention &  
Response Program AR 600-20**  
For military personnel only.

- Awareness Training
- Response to victims 24 hours a day,  
7 days a week.

**Emergency hotline** 787-406-4222

## Victim Advocate Services

We provide support for victims of spouse, child abuse and sexual assault. For more information call Ms. Alice Arroyo at 787-707-3481/3396.

For FAP program related information call Ms. Wilda Díaz at 787-707-3709 or wilda.diaz@us.army.mil.

## Financial Readiness Program Principles of Personal Finance

Class on handling personal finance correctly.  
**Wednesday, 23 August.**

### Planning and Budgeting

Learn to determine where your money goes each month in this class.

**Wednesday, 31 August.**

Classes held at ACS Bldg. 1019 from 10 am - 12 noon. Free of charge. Spaces are limited. You must make a reservation by calling Arlene Romero, Financial Readiness Program Manager at **787-707-3310** or email: **arlene.romero@us.army.mil**

## Army Volunteer Corps Program

### Mayoral Program

Mayoral Program Meeting on Friday, 11 August, 2 pm at the Commander's Conference Room, Bldg. 390.

### Yard of the Month Announcement

The Fort Buchanan "Yard of the Month" will be announced on **15 August**. Join us to develop a model military community. **Let's make Fort Buchanan a clean and beautiful community.**

For additional information contact Ivette Dávila at 787-707-3365; ivette.davila@us.army.mil

## Employment Readiness Program

**Get Ready for a New Job • Update your Resume**

Individual appointments, register at ACS, 787-707-3365; ivette.davila@us.army.mil

## Army Family Team Building Level I (in English)

Tue, 22 through Thu, 24 August, 8 am - 2 pm at ACS, Bldg. 1019, Buchanan Heights. For registration & info. contact Mr. Berrios at 787-707-3290.

## Military & Family Life Consultants

The Military and Family Life Consultant's role is to help you with your daily living situations related to being part of the Army Community. We offer you help and support with issues such as: separation from your loved ones, personal relationships, adjustments to new situations and family concerns, among others. Services are **FREE** and **CONFIDENTIAL**. For more information or for a consultation, please call:

### Your Military and Family Life Consultants:

- Nina Martínez- Mondays thru Thursdays, 9 am - 5 pm, 787- 685-3423, Fort Buchanan.
- Arturo Cintrón Torres- Mondays thru Thursdays, 9 am - 6 pm, 787- 685-3430, Fort Buchanan.
- Vanessa Villafañe- Tuesdays and Thursdays, 9 am - 5 pm, 787-685-3429, Base Muñiz.
- Norma Acevedo- Tuesdays and Thursdays, 8 am - 5 pm, 787-685-3426, Aguadilla.
- Virgilio Rodríguez, Mondays & Wednesdays, 9 am - 5 pm, 787-685-3431, Juana Díaz.
- Ileana Surrillo, Tuesday - Thursday, 9 am - 5 pm, 787-685-3428, San Juan National Guard Center.

The Army's Official website  
for military families is:

**myarmylifetoo.com**

**Army Community Service**

Director:

Mr. Rafael Gilestra

Tel. 787-707-3292

rafael.gilestra@us.army.mil

• 7 am - 4:30 pm

## Relocation Readiness Program

### Cross Cultural Adaptation:

### Tour to Río Piedras Farmer's Market

**Thursday, 10 August.** Tour is free. Leaving at 8:30 am from the Golf Course Complex parking lot. Returning at approx. 12:30 pm. An opportunity to find fresh produce from Puerto Rico, specialty and bargain shops to visit.

### Health Info. Tour

**Friday, 23 August, 8:30 am - 12:45 pm.**

Newly arrived Soldiers and family members are highly encouraged to attend. A briefing from TRICARE and the Health Clinic Staff from 8:30 - 9 am followed by a tour which will include a drive by local hospitals and Clínica Las Américas, Guaynabo. Reservations are required.

### Scrapbooking Class

**Tuesday, 30 August, 9 - 11 am.** Free! Use your favorite photos and some creativity and enjoy relaxing time preserving and creating an interesting and fun way to present your favorite photos. At ACS conference room, Bldg. 1019, Buchanan Heights.

**For details & registration call  
Ms. Lucca at 787-707-3682/  
3697.**



## MWR Employee Recognition Program

**Effective August 2006** new changes to the MWR Employee Recognition Program (ERP) will now make it possible for the whole Army Garrison (to include employees of other Organizations and Customers) to nominate MWR Employees for their dedication and professionalism in their work.

Nomination forms will be sent out globally within the Installation as well as in hard copy throughout the MWR Facilities on a monthly basis. Those nominations that are filled out in hard copy must be returned to the Nominated Employees Manager or can be sent to the Marketing Office Bldg 1018 A & B, Buchanan Heights.

This program is one of great importance not only because it's a communication tool that reinforces and rewards the most important outcomes of the people that form the MWR Team, but because it's a way to recognize their accomplishments effectively, by reinforcing the actions and behaviors that you want others to acknowledge and repeat.

Take advantage of this opportunity in nominating that one person who you feel deserves to be recognized and Support the MWR Employee Recognition Program!

For more information contact  
Ms. Michelle Brown, x- 3711 or  
Ms. Myrna Narvaez, x-3719.

## Golf Course Complex

### Golf Course Complex

FORT BUCHANAN, PR

### The Bunker Bar

#### NOW OPEN 7 DAYS A WEEK!

Relaxed atmosphere, super sound system, plasma TV's and more. Open every day, 3 – 8 pm with food for sale. **Social Hour** with free snacks from 5 - 6 pm on Fridays.

### Snack Bar

Open at 5:30 pm daily. Breakfast available, omelettes, eggs cooked to order, and more...

### Private Gatherings and Parties at the Bunker Bar

The Golf Bunker Bar is available for **private gatherings or parties** after 3 pm; 7 days a week. Fee: \$25 per hour (15 - 30 people capacity) Food available for an additional cost upon request.

### Month End Madness

#### • Friday, 25 August

Shotgun start at 12 noon, registrations at the Pro-Shop. Course closed to open play. Par 3's and practice facilities open. **Fee:** \$25 members/active duty, \$35 guests. Cost includes carts, greens fee, prizes and hors d'oeuvres.

### Free Golf Clinics

the 2nd and 4th Sundays of the month. Children from 12 - 2 pm, adults from 2 - 4 pm. Call to make reservations.

Acting Manager:  
William Merriweather  
Tel. 787-707-3980  
Golf Pro: Earl Goins  
earl.goins@us.army.mil

### Golf Club Snack Bar Hours:

Starts every day at  
5:30 - 10 am

### Lunch Specials

Mon - Fri,  
11:30 am - 1 pm

### Pro-Shop

Sun - Sat,  
6 am to  
6 pm

## Bowling Center



Acting Manager: Georgina Anderson  
• Tel. 787-707-2695 • 787-707-BOWL  
E-mail: georgie.anderson@us.army.mil

### Daily Lunch Specials

**Daily Local Favorites, starting at 11 am.**

**\$5** includes Rice & Beans, Entree of the day & One Soda.

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Please mention Code 000. All rates and offers are current as of June 1, 2006 and are subject to change. Balance transfers will have an Annual Percentage Rate of 5.49% (monthly periodic rate of .4575%) and shall remain in effect on the transferred balance(s) until it is paid in full. Payments will be applied to the account balance in the order determined by Pentagon Federal Credit Union (PFCU) in its sole discretion. The regular APR applicable for purchases or cash advances (including balances) and the APR for late payment and balances remain unchanged. Balance transfers are treated as cash advances, therefore the grace period and finance charges occur from the date the transfer is posted to your account. Balance transfers of other PFCU loans are not eligible for this promotion. If you are in default at any time the 5.49% APR will revert to the regular APR applicable for your account. This promotion is subject to change or termination anytime without prior notice. Considerable purchases for Visa Gold is 3.99% APR, Visa Platinum Rewards is 12.99% APR, Visa Platinum Rewards is 12.74% APR.

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[www.buchanan.army.mil/mwr](http://www.buchanan.army.mil/mwr)



# Community Club & Conference Center

Starting in August...

## KARAOKE Nights

THURSDAYS  
5 - 10 pm  
at  
the **ZONE**

Fridays feature DJ MUSIC • 4 pm - 1 am

Fort Buchanan Community Club  
Conference Center

Take your palate on a trip around the world!

**INTERNATIONAL VARIETY LUNCH BUFFET**

**Mondays:**  
*Chef's Choice*

**Tuesdays:**  
*Italian Delights*

**Wednesdays:**  
*American Food*

**Thursdays:**  
*Latin American Dishes*

**Fridays:**  
*Puerto Rican Favorites*

MONDAY - FRIDAY • 11 am - 2 pm  
Buffet Style • \$6.25 per person  
For more information call 787-707-3535, x-200

**Complete CATERING**  
at the Community Club & Conference Center

Where your wish is our command...

The Fort Buchanan Community Club and Conference Center (CCCC) serves as the central focus point for the Morale, Welfare and Recreation Program.

As a Conference Center, we plan, organize and manage a variety of events such as military and civilian training workshops, courses and conferences, birthday parties (for all ages), anniversaries, weddings, receptions, ethnic recognition and celebrations. We provide mobile catering services upon request for military troops. Wedding receptions are one of our major activities. We work closely with you to arrange that special moment by coordinating your requirements to meet your special and unique needs, to include design, theme, initial preparation and atmosphere.

For catering information call the Catering Manager at 787-707-3535 ext. 206.

For information on membership or any other service please call 787-707-3535 ext. 200 or 201.